



WV Becoming an Outdoors-Woman  
Welcome and Registration Information

Thanks for your interest in the WV Becoming an Outdoors-Woman program. During the weekend workshop, you will have the opportunity to take four classes that will introduce you to a variety of outdoor skills. Please review the various course descriptions before you make your choices. We ask that you make four choices for each session, just in case your first class choice has been closed. Each workshop offers a different variety of classes, so if you don't see a class offered this spring, it may be offered in the fall. We keep all the classes small and manageable so that you can have a productive learning experience. So, if there's a class you definitely want to take, please send in your information as quickly as possible.

Also, many women bring a friend or relative with them to the workshop...we even encourage it through the Bring a Friend Registration Rate. To qualify for this rate, you must bring someone NEW to the workshop. Some women come year after year and consider our weekend workshops a reunion. If you have a particular person with whom you want to share a room with, please list them on your registration form after you have made sure that they are also coming. If you don't have anyone in particular that you want to room with, don't worry because this is a great opportunity to make some new friends!

Our goal is to encourage women to Step Outside® and explore our outdoors, in a comforting non-threatening atmosphere. We have participants from various parts of WV and also from other states. So, please come and have a great and relaxing weekend with a great bunch of women. If you have any questions or you may be interested in teaching a class at a future workshop, please feel free to contact me at 304-558-2771 or [elizabethgallaher@wvdnr.gov](mailto:elizabethgallaher@wvdnr.gov).

I'll see you this Spring!

Elizabeth Gallaher  
WV BOW Coordinator

WV Becoming an Outdoors-Woman  
Tygart Lake State Park  
April 21-23, 2006

Please complete both pages of the registration form completely.

Name \_\_\_\_\_ Phone Number \_\_\_\_\_  
Address: \_\_\_\_\_ Female \_\_\_\_ Male \_\_\_\_ Age \_\_\_\_  
\_\_\_\_\_  
E-mail \_\_\_\_\_

Please list your four choices for each session in order of preference

Session 1	Session 2	Session 3	Session 4
1 <sup>st</sup> _____	1 <sup>st</sup> _____	1 <sup>st</sup> _____	1 <sup>st</sup> _____
2 <sup>nd</sup> _____	2 <sup>nd</sup> _____	2 <sup>nd</sup> _____	2 <sup>nd</sup> _____
3 <sup>rd</sup> _____	3 <sup>rd</sup> _____	3 <sup>rd</sup> _____	3 <sup>rd</sup> _____
4 <sup>th</sup> _____	4 <sup>th</sup> _____	4 <sup>th</sup> _____	4 <sup>th</sup> _____

Workshop Fees

\_\_\_\_ \$130 Full Price  
\_\_\_\_ \$100 Bring a (New) Friend Reduced Rate (all forms and fees must be sent together)  
\_\_\_\_ \$75 Scholarship Rate (must include scholarship application)

Payment Methods

\_\_\_\_ Check made to WV BOW enclosed  
\_\_\_\_ Please charge to my credit card (Visa/Mastercard/Discover)

Number: \_\_\_\_\_  
exp date \_\_\_\_\_ Signature \_\_\_\_\_

**Return registration form with appropriate funds by April 7, 2006.**

By fax: 304-558-3147 (credit card only) Attn: BOW Registration  
By phone: 304-558-2771 and ask for either Billie or Elizabeth.

By mail: WV DNR--Wildlife Resources Section  
Attn: BOW  
1900 Kanawha Blvd., East  
Bld. 3, Rm. 822  
Charleston, WV 25305



Registration, page 2.

The facilities at Tygart Lake State Park are lodge rooms and cabins. Linens and towels will be provided.

Lodging options: Please circle preferences

Smoking                      Non-Smoking

Early to Bed                Night Owl

Lodge Room                Cabin

Please list anyone that you'd like to room with:

_____	_____
_____	_____
_____	_____

If the workshop is full when you register, do you wish to be placed on a waiting list for possible cancellations?

The applicant, by signing below, recognizes that the program involves some risk and takes responsibility for all actions or injury that may result by participating.

Signature \_\_\_\_\_

*Please no Pets.*

Upon request of your registration and payment, you will be sent a confirmation letter. Equipment will be provided, but students are encouraged to bring their own as mentioned in course descriptions. **Cancellation deadline is April 12, 2006.** Due to the increased cost and popularity of the workshops, **refunds will no longer be provided although you can name a substitute.**

## Course Offerings

### Session 1 (Friday PM)

Archery  
Backpacking Overnight (two sessions)  
Basic Camping  
Beginning Fishing  
Falconry  
Firearms Safety  
Fly Tying  
Mountain Biking 1  
Nature Walk  
Stream Ecology

### Session 2 (Saturday AM)

Archery  
Falconry  
Leave No Trace  
Nature Walk  
Nature Craft  
Fly Fishing 1  
Rifle  
Shotgun  
Wilderness First Aid

### Session 3 (Saturday PM)

Archery  
Advanced Fishing  
Canoeing  
Dutch Oven Cooking  
Fly Fishing 2  
Map and Compass  
Nature Journaling  
Mountain Biking 1  
Handgun 1  
Shotgun  
Stream Ecology  
Turkey Hunting

### Session 4 (Sunday AM)

Advanced Fishing  
Bird Buffet  
Canoeing  
Handgun 2—NEW!  
Intro to Backpacking  
Map and Compass  
Mountain Biking 2  
Shotgun  
Stream Ecology  
Wildgame Cooking

## Course Descriptions

### **Advanced Fishing—Instructor: Zack Brown**

Depending on water levels, participants will be fishing from the lake or nearby stream. Learn where and how to fish lakes or streams and everything from techniques, lures, habitat, to how weather affects your success. Participants are encouraged to bring their own equipment, but equipment will be provided. **Prerequisite:** Beginning Fishing and a basic knowledge of knot tying and casting.

### **Archery—Instructor: Dixie Lambert**

Participants will learn bow safety, how to fit and select equipment, and the art of shooting. Equipment will be provided, but students are encouraged to bring their own equipment (no broad heads, please).

### **Backpacking Overnighter (Two Sessions) —Instructor: Pamela Glasser**

This course will provide the skills and know-how for enjoying the backcountry by combining instruction with an overnight backpacking trip. Participants will learn about equipment, how to pack a pack, setting up and breaking down camp, food preparation, basic safety and wilderness etiquette. Food and equipment will be provided.

**Basic Camping—Instructor: Janet Clayton and Deb Walker**

How do you set up camp and still have a relaxing and peaceful experience? In this class, you'll learn about choosing the best location, setting up camp and making outdoor cooking simple.

**Beginning Fishing—Instructor: Zack Brown**

This course will provide hands on instruction from choosing equipment to landing the fish. Learn the fundamentals of rod and reel handling, casting, knot tying and tackle. Equipment will be provided, but participants are encouraged to bring their own.

**Bird Buffet—Instructor: Sue Olcott**

Learn the basics for bird feeding—what species to expect, what to serve, and proper presentation. You will be able to build a birdhouse to take home and mix a unique offering of food for your feathered visitors. Bring any questions you may have on managing your yard for wildlife.

**Canoeing—Instructors: Kim Beach-Shaffer and Pam Wyant**

Instruction will cover the basics: getting in and out of a canoe, team paddling, and proper strokes, portaging, tying down on a car rack, and other special pointers. You will be getting out on the lake to practice your skills.

**Dutch Oven Cooking—Instructor: Deanna Robinson**

Complete meals can be cooked in a Dutch Oven whether it's breakfast or dinner. Learn how while practicing 3-4 recipes during class then enjoy eating the results. You will also learn about the preparation and care of the oven and different equipment that can be used.

**Falconry—Instructor: Jason and Howard Caldwell**

Learn about the history and training of this ancient sport of falconry. Equipment, training, hunting, and bird selection will be discussed. Due to the dangerous nature of the sport, participants will not be allowed to actually handle the birds but several demonstrations will be given.

**Firearms Safety—Instructor: Carol Stewart and Al Means**

This course will cover the basic types of firearms, firearms safety, gun handling and the basics of selecting and purchasing firearms. This course is required for those wishing to take rifle, shotgun, handgun, and the hunters' certification card.

**Fly Tying—Instructor: Marie Mason**

Learn the art of fly tying. You will be presented with materials and tools which are needed and [learn](#) their various uses. Then, you will try your hand at tying some basic fly patterns.

**Fly Fishing I—Instructor: Paula Voldeck, Linda Linger, Marie Mason**

Learn the basics of casting and fly presentation, fly design, knot tying, selection of equipment, and basic knowledge and understanding of fly fishing. Participants are encouraged to bring their own equipment, but equipment will be provided for first timers as well.

**Fly Fishing II—Instructor: Paula Voldeck and Linda Linger**

Take your knowledge learned from Fly Fishing I to the next level. You will visit a local stream and practice your casting skills and possibly reel in a catch. Participants are to bring waders or old shoes. **Prerequisite:** Fly Fishing I or a previous Fly Fishing class from Trout Unlimited or BOW.

**Handgun 1—Instructors: Vernon and Debbie Nosse**

You will have the opportunity to learn gun safety and shooting techniques specific to handguns. You may bring your own, but you must also provide your own ammunition if not using .22 (rim fire) or 38 special.

**Prerequisite:** BOW Firearms Safety Class or Hunter Safety Certification.

**Handgun 2—NEW!—Instructors: Vernon and Debbie Nosse**

Advanced handgun hunting techniques will be covered during this class. **Prerequisite:** BOW Firearms Safety Class or Hunter Safety Certification **AND** a previous BOW Handgun hunting class.

**Introduction to Backpacking—Instructor: Pamela Glasser**

If you would enjoy backpacking, but you're not ready to commit to an overnight trip, then this course is for you. Participants will receive experience in hiking with a pack and instruction in backpacking equipment, food preparation, setting up and breaking down camp, basic safety and wilderness etiquette.

**Leave No Trace—Instructor: Kim Beach-Shaffer and Pam Wyant**

"This is your land . . . and this is my land" but we both need to take care of it whether we are in the front country or the backcountry, taking a day hike or a week-long backpacking trip. In this interactive, fun and enjoyable class, participants will discover the "7 Principles of Leave No Trace" and become motivated to make less impact on our natural world.

**Map and Compass—Instructor: Barb Breshock and Amy Cimarolli**

Students will learn how to navigate using a map and compass and learn to interpret topographic maps and route selection. You will then practice your new-found skills over the local terrain.

**Mountain Biking 1—Instructor: Amie and Rob Nottingham**

Learn the equipment basics, "rules of the road" and then get on that bike and ride! We will have bikes and helmets available, but you are encouraged to bring your own.

**Mountain Biking 2—Instructor: Amie and Rob Nottingham**

This is a more advanced Mountain Biking class and therefore will be building on skills learned in Mountain Biking 1. There will be more discussion on gears, brakes, and technical navigation. We will have bikes and helmets available, but you are encouraged to bring your own. **Prerequisite:** Mountain Biking 1 or a good knowledge of mountain biking.

**Nature Craft—Instructor: Denise Benear**

Do you want to get in touch with your crafty side? All materials will be provided.

**Nature Journaling—Instructor: Cathy Adkins**

Have you wanted to record your observations and outdoor adventures? This class will introduce you to the art of journaling. Supplies will be provided, but if you have a journal you'd like to share, please bring it.

**Nature Walk—Instructor: Sue Olcott**

This class will be a leisure walk (hike) with most emphasis on nature and nature awareness. Along your trip, nature watching techniques will be discussed and plants and animals identified. You are encouraged to bring binoculars.

**Rifle—Instructors: Debbie and Vernon Nosse**

You will have the opportunity to learn gun safety and shooting techniques specific to rifles. Equipment will be provided, but you may bring a cased firearm to the class. You will need instructor's approval to use your personal firearm. **Prerequisite:** BOW Firearms Safety class or hunters safety certification card.

**Shotgun—Instructor: Al Means and Carol Stewart**

You will have the opportunity to learn gun safety and shooting techniques specific to shotguns. Includes clay pigeon shooting. Firearms and ammunition will be provided in 20 and 12 gauges. You may bring your own cased firearm, but it must meet safety approval of the range instructor. **New! You can take Shotgun for Sessions 2, 3, and 4 if you wish. The instructor would love to teach participants various techniques. He also strongly encourages all shotgun participants to sign up on Sunday where there is an opportunity to go to a Sporting Clays Range.** **Prerequisite:** BOW Firearms Safety class or hunters safety certification card.

**Stream Ecology—Instructor: Dan Cincotta**

This course will be an introduction to aquatic creatures and their role in an aquatic ecosystem. There will be some lecture time, but most of the class will involve hands-on learning so be prepared to get wet.

**Turkey Hunting—Instructor: Susan Kinzer**

Learn the basics of wild turkey hunting from understanding wild turkey behavior, preseason scouting techniques, tree stand placement and safety, shot placement and blood trailing, to equipment selection.

**Wilderness First Aid—Instructor: Debra Walker**

Class members will learn to splint, control bleeding, and to safely move injured people. You will also be provided with an overview of several medical illnesses and environmental injuries and/or illnesses that may be encountered in the outdoors.

**Wildgame Cooking—Instructor: Debra Walker and Dee Robinson**

In this class, you will be preparing fresh venison in a variety of ways. Cutting, storing, and cooking the meat will be demonstrated in this class, and you will be able to share the results with the rest of the group at our Sunday closing ceremony.

**WV Becoming an Outdoors-Woman  
Scholarship Application  
Spring 2006**

Name \_\_\_\_\_

Thank you for your interest in the WV Becoming an Outdoors-Woman Scholarship. If you wish to compete for one of 4 scholarships available, please complete this application and submit it with your registration form with the \$75 registration fee. You will be contacted by April 7, 2006 of your status. Preference will be given to first-time participants, full-time students, single parents, and low-income households.

All information will be kept confidential.

Annual household income \_\_\_\_\_

Number of dependents \_\_\_\_\_

Please write an essay (100 words minimum) describing why you want to become an outdoors-woman. The essay may be written or typed. You may use the space provided or attach your essay to this form.

I certify that the information that I have provided is correct and that the scholarship essay is of my own work.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date